

Senior Center SNAPS

HAPPY BIRTHDAY EVERYBODY!



the SENIOR PIPELINE

JUNE
2017

Get Active and Get Involved!

*Check out the
calendar for new
events and programs!*

What's for Lunch
Ice Cream Social
Self-Defense for Seniors
Men's BBQ Luncheon & Poker
Social Ball Room Dance Lessons



Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.

Thursday 7 a.m. - 9 p.m.

Friday 7 a.m. - 7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

www.hursttx.gov/hsac

 Find us on
Facebook

Get Connected with



Visit Randy Foster's blog at: <http://hurstseniors.blogspot.com/>

Cecil Kearney's Hurst Senior Center blogs at:

<http://hursttech.blogspot.com/> ; <http://hsc-pix.blogspot.com> ; <http://hurstfood.blogspot.com>



SENIOR PIPELINE TIDINGS

MEMBERSHIP at the Senior Center is required and is open to Seniors ages 55 & over.

Hurst Residents **\$20 per year**
 \$5 day pass

Non-Residents **\$80 per year**
 \$10 day pass

Thank You!

- Artisan Theater
 - Atria Hometown
 - Best Donuts
 - Brown & Freeman
 - Busy B’s Bakery
 - Custom Fit Insurance, Mike Smith
 - Donut Plaza
 - Edward Jones, Adam Davenport
 - F3E Foundation Financial Educ.
 - First Hurst Donut
 - Golden Outlook
 - Heartland
 - Heritage Village Residences
- Lexington Place
 - Meadowood at the Vineyards
 - Mid-Cities Pharmacy
 - Nations Insurance
 - Reliant Rehab
 - Richland Hills Rehabilitation
 - Smile Donuts
 - Tarrant County Public Health
 - Kreigh & Carol Valkenaar
 - Visiting Angels
 - What’s Poppin Tx

Senior Center Staff

Linda Rea	Director
Michelle Varley	Activities Supervisor
Laura Gore	Administrative Asst.
Linda Provence	Asst. Activ. Coordinator
Debbie Broseh	Part-Time Attendant
Diana Conway	Part-Time Attendant
Tammy McDonald	Part-Time Attendant
Roxanna Serrano	Part-Time Attendant
Gayle Stevens	Part-Time Attendant

By: Maurine LeCocq, HSAC Journalist

Summer is here! What in the world can we do during the “*long hot summer*”?

Surprisingly, there are a lot of options out there for Seniors. If you are 65 or older, you have free swimming and use of the Aquatics Programs at Central Aquatics and the Chisholm Aquatic Centers! You ***must*** sign up to attend these programs. Check the Hurst “Where We Live” Magazine for days and times. You will have to show your Driver’s License to prove residency. You also have the option of indoor water aerobics, water wellness, and unstructured water time at the HSAC Pool for a nominal fee. . . \$5 per session or purchase a 5 class punch card for \$20.00 at the front desk when you sign up. Check the times for these classes inside “The Senior Pipeline”.

The kids are out of school! If you signed your grandchildren up for swim lessons, you can take them out of the Aquatics Center to the playground in Chisholm Park for a picnic lunch after class. By then the younger ones will be ready to go home and have some quiet time. . . maybe a nap, if you’re lucky. The older kids will probably want to return to the pool. Chisholm Park also has an excellent hiking trail. The pond provides opportunities to feed ducks and fishing. You’ll need a fishing license and pole. There’s nothing better than fresh fish for dinner!

If you are looking for indoor activities for yourself, the Hurst Public Library has a Brown Bag Book Club. Best of all are the amazing activities scheduled inside “The Senior Pipeline” each month. There are games, special programs, “Breakfast Club” once a month, “A Quick Bite’ on Tuesdays at Noon, “What’s For Lunch?” one Thursday a month, and “Frozen Fridays”.

Take some time to review the multitude of activities and special events listed inside. You’re sure to find many things to do indoors here at HSAC.

OPEN ACTIVITIES

Games

“42”
(Game Room)
Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

Acey Ducey/Backgammon
Wednesdays (CRC) 1:00 pm - 4:00 pm

Billiard’s Room
Open Daily
See calendar for organized games

Chicken Foot
Tue. & Fri. 1:00 (CRC) pm - 3:00 pm

Duplicate Bridge
(Game Room)
Tue. & Thur. 12:30 pm - 4:00 pm

Cards—Variety
Fridays (CRA) 1:00 pm - 6:45 pm

Canasta
Tuesdays Hand & Foot (CRA) 10:00am-4:00
Tuesdays (MPN) 2:00 pm - 5:00 pm
Wednesdays Samba (CRC) 10 am - 1:00 pm
Thursdays (Class Room C) 2:00 pm - 5:00 pm

Marbles & Jokers (Lessons Available)
Thursdays (CRC) 10:00 am - 12:00 pm

Mah Jongg (Lessons Available)
Monday (Class Room C) 2:00 pm - 4:00 pm
Wednesday (Game Room) 10:00 am - 12:00 pm

Mexican Train
Mon. & Wed. (CRA) 1:00 pm - 3:00 pm

Ping Pong (Class Room A)
Wed. & Fri. 9:00 am - 12:00 pm

Party Bridge (Game Room)
Tue. & Thur. 9:00 am - 12:00 pm
Fridays 10:00 am - 12:00 pm

Pinochle
Mondays (Class Room A) 8:00 am - 12:00 pm
Wednesdays (MPN) 8:00 am - 12:00 pm

Scrabble
Wednesdays (CRC) 1:00 pm - 3:00 pm

Health & Exercise

Walking Group (14 laps make a mile!)

Work Out on Your Own
With one of our available
Exercise DVD’s
(See the front desk for room and video)

Choose From:
Qigong
Richard Simmons - Disco Sweat
Richard Simmons - Silver Foxes
Richard Simmons - Sweatin’ to the Oldies
Tai Chi for Beginners
Texercise
Walk Away the Pounds
Yoga for Beginners

Arts, Crafts & Misc.

Art Addicts
(Class Room B)
Mondays 9:00 am - 11:00 am
Thursdays 6:00 pm - 8:45 pm
Fridays 10:00 am - 3:00 pm

Coupon Clique
(Cafe)
Tue. & Thur. 9:00 am - 12:00 pm

Knot-a-Lot
(Studio B)
Wednesdays 1:00 pm - 4:00 pm

Quilting
(Studio B)
Tuesdays 1:00 pm - 5:00 pm

Wii Play
(Studio A)
Monday & Wednesday 4:00 pm - 6:00 pm

SOCIAL PROGRAMS

MONTHLY DANCES All Seniors 55+ are Welcome! Join us on the 2nd and 4th Thursday nights of the month, 7:00 pm - 9:15 pm for a great night out! Come to dance the night away or just listen to some fabulous music! Dances are only **\$5 per person** payable at the door and open to Seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out! **June 8 "Classic Country"** and **June 22 "Bill G Band"** sponsored by Senior Getaways and Heritage Village Residences.

MOVIES & MUNCHIES: "Now You See Me 2" (95001 5/75/MPN) Friday, June 2, 1:00 pm. Join us as we offer a movie with "munchies" - including popcorn, drinks, and a snack for only **\$3 per person**. "Now You See Me 2" tells the story of "The Four Horsemen" who resurface for a comeback performance in hopes of exposing the unethical practices of a tech magnate. Starring Mark Ruffalo, Woody Harrelson and Morgan Freeman. Rated PG-13. Please sign up in advance.

BREAKFAST CLUB (95015 10/50/MPN) Thursday, June 8, 8:30 am Wake up and get up to the Senior Center for a hearty breakfast of waffles, sausage links, juice, and coffee. Fresh fruit sponsored by Heartland, North Richland Hills. **\$3 per person.**

HAPPY HATTER'S MEETING (95040 1/75/offsite) Friday, June 9, 10:00 am. Hostess of the month Glenda Rietfors invites you to join this adventurous group of ladies for a trip to Decatur on the Square for shopping and lunch at "Sweetie Pies". We will meet at the Senior Center for a brief meeting, then carpool to our destination. Please wear your red hat, purple attire and name badge! \$2 "Hatters' Fund" donation appreciated. Please sign up at the front desk so we know you're coming!

BIRTHDAY PARTY (95006 6/75/MPN) Wednesday, June 14, 2:00 pm Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center Members. If it's your birthday month, we won't know if you don't sign up! Please sign up. Sponsored by Lexington Place Nursing and Rehabilitation. **FREE!**

POTLUCK BINGO (95002 5/75/MP) Please note Potluck Bingo will be on Thursday, June 15, 6:00 pm instead of the usual 1st Thursday. Bring a side dish or Dessert to share. The Senior Center provides the main entrée (Chicken Spaghetti), drinks and prizes. Please sign up in advance. **FREE!**

BINGO IN THE AFTERNOON (95058 5/75/MP) Wednesday, June 21, 2:00 pm Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Sponsored by Reliant Rehab. **FREE!**

WHAT'S FOR LUNCH? (95096 6/100/MPN) Thursday, June 22, 11:30 am Once a month, senior center members Carol & Kreigh Valkenaar prepare a hearty meal for you to enjoy. Seating is limited. You are encouraged to sign up early! Cost is only **\$3 per person**. This month's main menu item is "Taco Lasagna." The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood Assisted Living.

SPECIAL EVENTS

NIGHT AT THE ARTISAN (95005F 30/50/Artisan Theater) The Senior Center has reserved a limited number of **discounted** seats for the Artisan Theater's "Mary Poppins" for Tuesday, June 27, 7:30 pm (doors open at 7 pm.) Things are not going well for the family who lives in a big house on Cherry Lane. The children are out of control. When a mysterious young woman appears at their doorstep, the family finds that she's the answer to their prayers, but in the most peculiar way. The children aren't the only ones she has a profound effect upon. Even the grown-ups learn a lesson or two from the nanny who advises that "anything can happen if you let it," the nanny known as - MARY POPPINS. Sign up early as seats go fast. **Discounted ticket price is \$7 (regular ticket price is \$22!)** Once reservations are closed, we encourage you to put your name on the wait list. You must provide your own transportation to the theater. Tickets will be available for pick up on Monday, June 12.



MEN'S LUNCHEON & POKER (Lunch/95028F; Poker/95025F 5/50/MPN) Friday, June 16, 12:00 pm - 3:00 pm. Attention all men of the Senior Center! Join us for a fabulous BBQ lunch featuring brisket, baked beans, potato salad and a special dessert. Lunch is **\$5**. Please sign up in advance. Following lunch join in on some classic Dealer's Choice Poker. No charge for poker playing, but please register so we are sure to recruit enough dealers. Sponsored by Nations Insurance.

CHAT WITH THE CHIEF (95069F 5/100/MP) Thursday, June 8, 9:30 am - 10:30 am. Chief Moore will be joining us for Breakfast Club and then review the 2016 Hurst Police Annual Report. He will also share information about current programs, neighborhood concerns and other issues pertinent to Hurst citizens. Plenty of time will be allowed for open discussion so bring your questions. Be sure to sign up for both Breakfast Club & Chat with the Chief

*A Chat With
The Chief*



ICE CREAM SOCIAL (95030F 5/150/MP) Friday, June 30, 2:00 pm - 3:00 pm. It's time again for this annual summer favorite event. A variety of area businesses will be here to tempt your taste buds with their flavor of creamy goodness. Be prepared to try your old favorites as well as test some unique new flavors. Be sure to sign up early! **FREE!**

HOMEMEDS PROGRAM (95094F 1/14/Conf) Tuesday, June 6, 3:00 pm - 7:00 pm. Do you want to know if your medications and dietary supplements are working well together? The HomeMeds Program can help! Bring all of your current medications in a "brown bag" and learn about their common uses, side-effects, and interactions with other medications. This includes: prescription medications, over-the-counter medicines, herbal medicines, vitamins and supplements. A certified pharmacy technician will go over them with you to: Review what you are taking; Make sure you are taking them right. Appointment is recommended but not required. The HomeMeds Program is provided by United Way of Tarrant County and Meals on Wheels Inc. of Tarrant County. **FREE!**

COMPUTER RESOURCE CENTER

Computer Resource Center The Computer Resource Center is FREE and always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. Please be sure that you sign up for the class if you plan to attend. Should you need to use a computer while a class is going on, we kindly ask that you use a machine at the back of the room.

Computer Club (93035 ^{1/16/Comp}) June 12 & June 26, 1:00 pm - 2:30 pm Join this informal class with a relaxed atmosphere where questions are encouraged. Learn new skills without fear; expand on what you already know; socialize with peers who share your interest in technology; and share your skills and knowledge with others. Instructor: Dave Thompson. **FREE!**

Get Your Pics (lobby) Tuesdays, June 13 & June 27, 2:00 pm Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**

Facebook for Desktop Computers (93041 ^{1/16/Comp}) Wednesday, June 28, 11:00 am - 12:00 pm Learn the basics on how to use Facebook for your desktop computer. Learn how to add friends, block others, post status updates, and protect your privacy. No tablets, iPads, or cell phones please. Instructor: Tammy McDonald. Sign up so we know to expect you. **FREE!**

iPad and iPhone Now offered twice per week so more people can attend. Explore a different topic related to iPad and iPhone technology each week. Please note that Monday & Friday will be the same discussion, just on two different days current participation levels. Bring your device and questions. Instructor: Fannette Welton.

- **Mondays (93030 ^{1/16/Comp}) June 5 - 26, 3:00 pm - 4:00 pm.**
- **Fridays (93042 ^{1/16/Comp}) June 2 - 30, 10:00 am - 11:00 am.**

Windows 10 (93004 ^{1/16/Comp}) Tuesdays, 10:00 am - 11:00 am Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. Instructor: Cecil Kearney **FREE!**

- Week 1– Do what you did before Wind 10
- Week 2– New and fun stuff on the tiles
- Week 3– More to do on the Start Screen
- Week 4– Fun with new search program

Display Case



Please bring your Collectible Super Heroes and/or Marvel Characters for others to admire and enjoy for the month of May. Items need to be clearly labeled with your name. Please bring to front desk June 1st and need to be picked up by June 30.

CREATIVE ARTS



Caring Covers Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

"Knot-a-Lot" (Open ^{1/25/SB}) Wednesdays, 2:00 pm - 4:00 pm Bring your own supplies and projects and work on your "knotted" creations. Crochet, knitting, embroidery, or any other craft that involves a "knot" is welcome to join and "knot" among friends. Yarn donations are always needed for the Caring Covers that the "knotters" make. Donations can be left at the front desk. **FREE!**

Floral Arranging (91050 ^{1/8/SA}) Tuesday, June 20, 2:30 pm. Learn to make a beautiful wreath for Summer. Bleached burlap with shells. Instructor: Diana Conway. Class Fee \$5; Supply fee \$20.

Coloring Therapy (91018 ^{1/25/SB}) Thursday, June 15, 10:00 am - 12:00 pm Coloring books are no longer just for kids. In fact, adult coloring books are all the rage. Research has shown coloring has therapeutic potential to reduce anxiety, create focus and bring about mindfulness. All supplies are provided. Marie Veneralle, Golden Outlook Insurance. **FREE!**

HSAC Crafting (91094 ^{1/25/SA}) Wednesdays, 10:00 am–12:00 pm. Join Diana as she begins work on creating fun and easy items to be sold at the 2017 Craft & Holiday Market. Items are made from donated materials, proceeds benefit our Senior Center. Supplies are provided. **FREE!**

Ceramics (91001 ^{1/25/SA}) Tuesdays & Thursdays, 1:00 pm - 5:00 pm. Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

Wine Bottles (91054 ^{1/25/SA}) Tuesdays & Thursdays, 1:00 pm - 5:00 pm. Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

Glass Fusion Lessons (91073 ^{1/10/CRB}) Wednesday, June 28, 9:30 am. Learn to cut glass and more as you create a pendant for a necklace. 2 piece limit per class, \$5 per additional piece. Supplies provided. Instructor: Diana Conway. Class fee \$15.

Glass Fusion (91092 ^{1/10/SA}) Friday, June 9, 1:00 pm Use your own materials. Participants are required to have taken the Glass Fusion Lessons class at least once. Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month. \$5 monthly fee.

Empty Bowls 2018 Love to paint, but don't know what to do with it when its done? Design a bowl to keep or to be donated to the Tarrant Area Foodbank's Empty Soup Bowls 2018. Instructor: Diana Conway. \$5 per bowl.

- **Tuesday, June 13, 9:30 am - 12:30 pm (91007 ^{1/15/SA})**
- **Thursday, June 29, 9:30 am - 12:30 pm (91003 ^{1/15/SA})**

CREATIVE ARTS

Art Addicts Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest? Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent.

- **Mondays, 9:00 am - 11:00 am (91002**
1/16/CRB)
- **Thursdays, 6:00 pm - 8:45 pm**
(91004 1/16/CRB)
- **Fridays, 10:00 am - 3:00 pm (91005**
1/16/CRB)

Multi-Media Painting (91101 1/16/CRB)
Mondays, 12:15 pm - 4:00 pm Classes on the use of watercolor, pastels, acrylic, and oil painting. Choose your medium! Instructor Victoria Pedersen. \$40/mo.

You Can Paint with Oils (91074 6/15/SA)
Thursday, June 15, 9:30 a.m - 12:30 p.m. Painting title: "Alaskan Glacier". Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Learn basics of color mixing, brush strokes and perspective. All supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Instructor fee \$15; Supply fee \$18..

Pastel Painting (91027 1/16/CRB)
Thursdays, 1:00-5:00 pm. Do you have a passion for pastels? Whatever your preference: posies, puppies or portraits - come and explore the techniques with us; create vibrant full-of-life paintings. See instructor for a list of supplies. See you at the easel! Instructor: Victoria Pedersen. \$40/month.

Quilter's Choice (91024 1/12/SB) **Mondays 10:00 am—1:00 pm** This month we will continue the "Courthouse Steps Table Runner & Placemats". See instructor for project details. Instructor: Jan Cook. \$25/mo.

Quilter's Lab (91078 1/12/SB) **Tuesdays 10:00 am—1:00 pm** Instructor assistance with your project. Instr: Jan Cook. \$25/mo.

Beginner Quilt Making (91047 1/6/SB)
Wednesdays 10:00 am—1:00 pm Come learn all the basics of quilting. Small project finished in a month! Instructor: Jan Cook. \$25 monthly fee.

Writing Group (94064 1/15/CRB)
Thursdays, 10:00 am - 12:00 pm Join this comfortable, yet professional group for getting your writing ready for publication. Writing includes poetry, short stories, novels, memoirs, essays, speeches, documentation and other written material. Bring pen, pencil, paper, eraser and imagination! Instructor: Victoria Pedersen \$15 month.

Jewelry Repair (91026 1/8/SA) **Monday, June 26, 12:30 pm - 2:00 pm** Bring your broken costume jewelry to be repaired. Replace broken clasps, restring beads, and other minor repairs done. **\$5 repair fee** for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs. Instructor: Diana Conway.

Bead Mania I (91048 1/8/CRB) **Tuesday, June 13, 2:30 pm.** Create a lovely Resin Shell Necklace for summer. Instructor: Diana Conway. Class Fee \$5; Supply Fee \$10.

Bead Mania II (91056 1/8/SA) **Tuesday, June 27, 2:30 pm.** Create a "Beachy" bracelet and earrings with shell charms. Instructor: Diana Conway. Class Fee \$5; Supply Fee \$10.

FUN & GAMES & GROUPS

Billards' Corner Please sign up to play in these organized games:

- **Ladies Powder Puff Pool (95079 8/12/BIL)** **1st Wednesday each month, 2:00 - 4:00 pm** Ladies only. No experience needed. **FREE!**
- **8-Ball Tournament/Singles (95078 8/24/BIL)** **Friday, June 9, 11:00 am - 4:00 pm \$3/pp.**
- **Partners Pool (95086 7/14/Bil)** **Wednesday, June 21, 11:00 am - 2:00 pm.** Partners to be determined. **FREE!**
- **9-Ball Singles Tournament (95029 8/24/BIL)** **Friday, June 23, 11:00 am - 4:00 pm. \$3/pp.**

Book Club (94078 1/20/Conf) **Monday, June 19, 3:00 pm** This month we will discuss "A Man Called Ove" by Fredrick Backman. We will read "The Immortal Life of Henrietta Lacks" by Rebecca Skloot and / or a nonfiction book of your choice. Facilitator: Elaine Wicker. **FREE!**

Texas Hold'em Tournaments

- **Tuesday, June 13, 10:00 am - 12:00 pm (94012 1/40/MPN)** No frills. Just playing for fun and practice.
- **Wednesday, June 28, 2:00 pm - 4:00 pm (95007 1/40/MPN)** Put your best poker face on and join us! Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Winners are recorded for the Play Off Game at the end of the year. Sponsored by: Mike Smith, Custom Fit Insurance.

Spanish Club (94004 1/20/CRB)
Wednesdays, 11:00 am Hola! Cómo estás? Come join this group to learn and practice Spanish. This is not a structured class, but consists of people with some experience in the language and a desire to increase their vocabulary usage. Facilitator: Victoria Pederson. All are welcome! Sign up! **FREE!**

Karaoke & Music (95035 5/100/MPN) **Mondays 2:15 pm - 4:00 pm** Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. No talent required. We use a variety of media including guitars, keyboard, and karaoke. All instruments and voices are welcome! **FREE!**

Learn a New Game! Please sign up so instructors can plan properly. No experience necessary. See our Open Activities for a full list of games and times.

- **Acey Ducey Lessons (94023 2/12/CRC)**
Wednesdays 1:00 pm - 4 pm. Variation of Backgammon with different scoring and includes the roll of dice for extra value, strategy is the same. Instr: Ronald Bryan.

Cafe Exchange (94062 1/30/SA) **Mondays & Fridays, 10:00 am - 1:00 pm** What began as a few folks talking over coffee has developed into a group of enthusiastic and engaged individuals who enjoy sharing thoughts, ideas, stories, and conversation. All are welcome! Grab a chair, cup of coffee and join us! **FREE!**

Newcomer's Connection (94005 1/15/Conf)
Friday, June 9, 2:15 pm Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you. Please sign up so we'll know to expect you. **FREE!**

Bunco (95092 5/30/MPN) **Thursday, June 22, 3:00 pm** Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown and Freeman, LLC. **FREE!**

TRAVEL Are you thinking about taking a vacation? Check out the travel brochures located across from the Front Desk. There are trips to Ireland, Memphis, Branson, a cruise on the Danube or the Panama Canal, or stay local and go to the Tyler and Jefferson Mansions.

FITNESS/HEALTH/WELLNESS

Fitness Room Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you **must wear** closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

Fitness Orientation is offered every Monday at 1:00 pm and the 2nd & 4th Wednesday of each month at 6:00 pm. We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room.

Personal Training (92020; 92041; 92042) Personal trainer Rosy Pritchett is available to assist you in reaching your individual health and fitness goals. She will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. **\$35/hr.**

Blood Pressure Checks (Front Lobby) 1st Thursday each month, 10:00-11:00 am Come by the front lobby and get your blood pressure checked. Sponsored by: Right at Home. **FREE!**

Fit Start I Exercise Class Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92063 5/30/MPS)** 5:00 pm, Instructor: Debbie Melchiorre **\$10.00/ 4 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10.00/4 classes**
- **Wednesdays (92062 5/30/ MPS)** 5:00 pm, Instructor: Debbie Melchiorre **\$10.00/ 4 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$12.50/ 5 classes**

Fit Start II Exercise Class This class is for those ready to move to the next level in their fitness. Class will include floor exercises. Please bring an exercise mat and a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92051 5/30/MPS)** 9:00 am, Instructor: Rosy Pritchett **\$10.00/ 4 classes**
- **Wednesdays (92050 5/30/MPS)** 9:00 am, Instructor: Rosy Pritchett **\$10.00/ 4 classes**

Zumba Gold Latin inspired fitness dance classes taught by certified instructors. Purchase a punch card for **\$20** for 5 sessions, which can be used as often as you like until you have taken the 5 classes. (Must be used within 3 months of date purchased). Purple card/Tuesdays. Green card/Wednesdays.

- **Mondays (92001 5/30/MPN)** 10:15 am - 11:00 am Instructor: Rosy Pritchett
- **Wednesdays (92002 5/30/MPN)** 10:15 am - 11:00 am Instructor: Kalyn Worthey

Non-Contact Boxing (92057 5/12/MPS) Wednesdays, 4:00 pm – 4:45 pm Non-Contact Boxing is a great way to improve agility, speed, endurance, accuracy, balance, hand-eye coordination, footwork and overall strength. This class is designed with Parkinson's patients in mind, but anyone can benefit from the exercise and is welcome to participate. Classes are **\$2.50 each** payable at the beginning of each month. Instructor: Rosy Pritchett.

Strengthen On Your Mat (92061 5/30/MPS) Fridays 10:00 am - 11:00 am. Core strengthening class that combines pilates, basic exercise moves, and yoga. Bring a bottle of water and a mat. Classes are \$2.50 each, payable at the beginning of each month. Instructor: Rosy Pritchett **\$12.50/5 classes**

EDUCATION & SEMINARS

Edward Jones Presents (94040 1/24/Conf) Friday, June 9, 10:00 "Will I Outlive My Money?" Understanding RMDs and retirement income, and why you should know long before 70 or even 60 how they work. There will be a drawing for a prize and Adam Davenport will be available for specific questions after the class, or bring your statements for a free review. **FREE!**

Advanced Self-Defense for Seniors (95093 1/20/MPS) Tuesday, June 13 & 27, 10:00 am - 11:30 This class is a more intense training of the basic class. Participants must have taken the basic class first. Instructor: David Scott **FREE!**

Health Talk: "Let's Not Meet By Accident" (94056 1/25/SA) Wednesday, June 14, 1:00 pm Mark your calendar now! Don't miss this discussion with Christine Casbeer on falls and traumatic injury prevention! Falls can cause serious injury. Sponsor: Medical City Health and North Hills Hospital. **FREE**

Medicare Advantage (94032 5/20/Conf) Tuesday, June 20, 10:00 am - 11:00 am Learn about Medicare plan options and 2017 Medicare updates. Information on area plans will be available. Sponsored by Celia Neyra Nations Insurance Solutions. **FREE!**

Basic Self-Defense for Seniors (95091 1/15/MPS) Tuesday, June 20, 10:00 am - 11:00 am Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Instructor: David Scott who holds a Black Belt in Karate. **FREE!**

History of Aviation (94030 1/20/CRB) Wednesday, June 21, 2:00 - 4:00 pm. Bob Shultz will present Captain Terry Young's Gun Ships with AC-47 and AC-130 armed with Volcan Gatlin guns, Howitzers, Recoilless Cannons and Lasers. **FREE!**

F3E: Required Minimum Distributions (94001 1/16/Conference) Tuesday, June 13, 1:00 pm If you're approaching 70, the IRS wants your IRA! Retirees who own a traditional IRA, 401(k) or other tax deferred account will soon have to face taking their Required Minimum Distributions (RMD's). The RMD class will answer all of your distribution questions, such as:

- When do I have to take my RMD--and are there exceptions?
- How much will I have to take out?
- How much tax liability will it create?
- How does it impact my Social Security?

Required Minimum Distributions can be tricky. Don't waste time worrying about it - sign up for a class today! **FREE!**

Social Security Seminar (94079 1/30/SA) Tuesday, June 6, 5:30 pm This Introduction to Social Security and Medicare seminar covers a brief history of Social Security; discusses when to start taking benefits; the difference between age 62, full retirement age and delaying until age 70; your options for filing after the major overhaul that took effect May 1st, 2016; how your Social Security check is calculated; and taxation of benefits. We also discuss the Medicare benefits from Social Security, Part A, Part B, Part D and Part C. As well as when you qualify for Medicare and which Parts are required, which are optional and when they should be in place to avoid any penalties. Sponsored by Marie Veneralle, Golden Outlook. **Free!**

AQUATICS CLASSES

UNSTRUCTURED WATER TIME Use of the pool for unstructured water time is scheduled three days per week in two 55 minute increments. Space is limited to a maximum of 15 participants per day/time slot. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited.

- **Mondays, 10:00 am - 10:55 am (92065 ^{3/15/HVR}) \$5/month**
- **Mondays, 11:00 am - 11:55 am (92066 ^{3/15/HVR}) \$5/month**
- **Wednesdays, 10:00 am - 10:55 am (92067 ^{3/15/HVR}) \$5/month**
- **Wednesdays, 11:00 am - 11:55 am (92068 ^{3/15/HVR}) \$5/month**
- **Fridays, 10:00 am - 10:55 am (92069 ^{3/15/HVR}) \$5/month**
- **Fridays, 11:00 am - 11:55 am (92070 ^{3/15/HVR}) \$5/month**

Purchase a 5 class Punch Card (92075 & 92076) for \$20. Choose your day and time. Come when it's convenient for you. No worries about missing a class. (Card only applies to instructor led classes.) See front desk for details.

WATER WELLNESS If you have sore or tight joints, lower back pain, balance issues, or general aches and pains, come try out this gently paced water wellness class to help ease your symptoms. The water allows you to extend your joints and muscles in ways you are not able to on land. Swimming skills are not required. Instructor: Off the Deep End Aquatics

- **Tuesdays, 10:05 am - 10:45 am (92071 ^{3/15/HVR})**
- **Thursdays, 10:05 am - 10:45 am (92072 ^{3/15/HVR})**

WORK IT IN WATER Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Swimming skills are not required. Instructor: Off the Deep End Aquatics

- **Tuesdays, 11:05 am - 11:45 am (92073 ^{3/15/HVR})**
- **Thursdays, 11:05 am - 11:45 am (92074 ^{3/15/HVR})**

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00
10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time
11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time

FITNESS/HEALTH/WELLNESS

Line Dancing Line Dancing Lessons are a great way to get in some fun physical activity. Studies have also shown dancing to help in areas of memory, balance, cardiovascular and vertigo. You never need a partner and lessons are taught using all genres of music. Join Instructor Barbara Albright every Thursday for these **FREE** dance classes.

- **Hurst Liners Practice (92059 ^{5/15/MP})** Thursdays, 12:30 pm - 1:00 pm
- **Beginners Line Dance (92054 ^{5/50/MP})** Thursdays, 1:00 pm - 1:45 pm
- **Intermediate Line Dance (92055 ^{5/50/MP})** Thursdays, 1:45 pm - 2:30 pm

Social Ballroom Dance Lessons For Beginners (92056 ^{5/50/MP}) **Fridays, 11:00 am - 12:00 pm** We are so excited to bring this dance opportunity to the Hurst Senior Activities Center. Mark & Susan O'Brien are seasoned dancers and instructors. They have performed throughout the Metroplex, the Texas State Fair, Oklahoma Follies and other venues. They will be bringing this special 8 week class series to the HSAC. Lessons are free of charge, but you must be a member of the Senior Center in order to participate. Classes begin **May 12 and continue through July 29. FREE!**

Ageless Grace (92007 ^{5/30/MPS}) **Thursdays, 10:30 am - 11:15 am** Ageless Grace is a program that works on all five functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are **\$2.50 each (\$12.50/5 classes)**, payable at the beginning of each month. Class fee is waived for Silver & Fit members, see front desk for details.

Yoga Classes Yoga attempts to balance mind and body via physical postures, controlled breathing, relaxation and meditation. Improve balance, flexibility, strength and more. Classes are designed for all levels. Mats are available, but you are welcome to bring your own.

- **Hatha Yoga (92035 ^{3/25/MPS})** **Tuesdays, 2:30 - 3:30 pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Debbie Melchiorre/Michelle Varley **FREE!**
- **Chair Yoga** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends.

Tuesdays (92053 ^{3/30/MPS}) 3:45 - 4:45 pm Instr: Debbie Melchiorre/MVarley. **FREE!**
Thursdays (92046 ^{3/30/MPS}) 3:45 - 4:45 pm Instr: Rosy Pritchett. **\$12.50/5 Classes**

- **Gentle Yoga (92052 ^{3/15/MPS})** **Mondays, 1:00pm - 2:00pm** Gentle yoga incorporates the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Students should be able to get up and down from the floor on their own. Instructor: Rachel Cowley. **\$4** per class, payable at the beginning of each month.
- **Relax, Renew & Restore Yoga Workshop (92060 ^{3/8/MPS})** **Friday, June 2, 3:30-5:00 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Bring your mat and a bottle water. Instructor: Michelle Varley. **Class fee: \$4**

Monday	Tuesday	Wednesday	Thursday	Friday
	See "Open Activities" for additional continuous classes and programs.	Blood Pressure Checks 1st Thursday each month 10:00 am—11:00 am Sponsored by Right at Home	9:00 Fit Start I 10:00 Writing Group 10:30 Ageless Grace 1:00 Ceramics & Wine Bottles 1:00 Pastel Painting 12:30 Hurst Liners Practice 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts 10:00 Strengthen On Mat 10:00 iPad/iPhone 10:00 Café Exchange 10:00 Art Addicts 11:00 Social Ballroom Dance 1:00 Movies and Munchies 3:30 Relax, Renew, Restore	
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Fitness Orientation (92027) 2:15 Karaoke & Music 3:00 iPad/iPhone 5:00 Fit Start I	9:00 Fit Start I 10:00 Windows 10 10:00 Quilter's Lab 1:00 Ceramics & Wine Bottles 2:30 Hatha Yoga HomeMeds Program 3:00 pm—7:00 pm 3:45 Chair Yoga 5:30 Social Security Seminar	9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Acey Ducey Lessons 2:00 Ladies Powder Puff Pool 2:00 Aircraft & Helicopter—cancelled 4:00 Non-Contact Boxing 5:00 Fit Start I	8:30 Breakfast Club 9:30 Chat with a Chief 9:00 Fit Start I 10:00 Writing Group 10:30 Ageless Grace 12:30 Hurst Liners Practice 1:00 Pastel Painting 1:00 Ceramics & Wine Bottles 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts 7:00 Dance –Classic Country	10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Happy Hatters 10:00 Café Exchange 10:00 Edward Jones Presents 10:00 Art Addicts 11:00 8-Ball Singles Tournament 11:00 Social Ballroom Dance 1:00 Glass Fusion (Open) 2:15 Newcomers Connection
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Computer Club 1:00 Gentle Yoga 1:00 Fitness Orientation (92028) 2:15 Karaoke & Music 3:00 iPad/iPhone 5:00 Fit Start I	9:00 Fit Start I 9:30 Empty Bowls 2018 10:00 Windows 10 10:00 Texas Hold'em Tournament 10:00 Quilter's Lab 10:00 Advanced Self Defense 1:00 Ceramics & Wine Bottles 1:00 F3E: Required Min Distribution 2:00 Get Your Pics 2:30 Hatha Yoga 2:30 Bead Mania I 3:45 Chair Yoga	9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Health Talk 1:00 Acey Ducey Lessons 2:00 Birthday Party 4:00 Non-Contact Boxing 5:00 Fit Start I 6:00 Fitness Orientation (92025)	9:00 Fit Start I 9:30 You Can Paint w/Oils 10:00 Writing Group 10:00 Coloring Therapy 10:30 Ageless Grace 12:30 Hurst Liners Practice 1:00 Ceramics & Wine Bottles 1:00 Beg. Line Dancing 1:00 Pastel Painting 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts 6:00 Potluck Bingo	10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 Social Ballroom Dance 12:00-3:00 Men's Luncheon & Poker
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Fitness Orientation (92029) 2:15 Karaoke & Music 3:00 Book Club 3:00 iPad/iPhone 5:00 Fit Start I	9:00 Fit Start I 10:00 Medicare Advantage 10:00 Quilter's Lab 10:00 Windows 10 10:00 Basic Self Defense for Seniors 1:00 Ceramics & Wine Bottles 2:30 Floral Arranging 2:30 Hatha Yoga 3:45 Chair Yoga	9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:15 ZUMBA Gold 11:00 Spanish Club 11:00 Partners Pool 1:00 Acey Ducey Lessons 2:00 History of Aviation 2:00 Bingo In The Afternoon 4:00 Non-Contact Boxing 5:00 Fit Start I	9:00 Fit Start I 10:00 Writing Group 10:30 Ageless Grace 11:30 What's for Lunch 12:30 Hurst Liners Practice 1:00 Ceramics & Wine Bottles 1:00 Pastel Painting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:00 Bunco 3:45 Chair Yoga 6:00 Art Addicts 7:00 Dance - Bill G Band	10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 9- Ball Singles Tournament 11:00 Social Ballroom Dance
9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 12:30 Jewelry Repair 1:00 Gentle Yoga 1:00 Computer Club 1:00 Fitness Orientation (92030) 2:15 Karaoke & Music 3:00 iPad/iPhone 5:00 Fit Start I	9:00 Fit Start I 10:00 Quilter's Lab 10:00 Advanced Self Defense 10:00 Windows 10 1:00 Ceramics & Wine Bottles 2:00 Get Your Pics 2:30 Bead Mania II 2:30 Hatha Yoga 3:45 Chair Yoga 7:00 Night at the Artisan	9:00 Fit Start II 9:30 Glass Fusion Lessons 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:15 ZUMBA Gold 11:00 Spanish Club 11:00 Facebook 1:00 Acey Ducey Lessons 2:00 Texas Hold'em Tournament 4:00 Non-Contact Boxing 5:00 Fit Start I 6:00 Fitness Orientation (92026)	9:00 Fit Start I 9:30 Empty Bowls 2018 10:00 Writing Group 10:30 Ageless Grace 12:30 Hurst Liners Practice 1:00 Ceramics & Wine Bottles 1:00 Pastel Painting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts	10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 Social Ballroom Dance 2:00– 3:00 Ice Cream Social

"A Quick Bite"
Tuesdays at Noon
Only \$5

You choose your main entrée..
All meals come with a cup of
soup, and a dessert.
See front desk for menu.

Place your order and pay at the
front desk by 10 am on Tuesday.
Pick up orders noon to 12:30 pm.

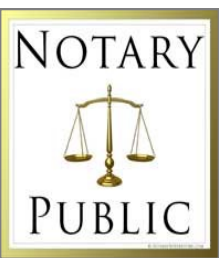
Upcoming Entrée Menu

June 6 Baked Potato

June 13: Taco Bar

June 20: Strawberry Chicken Salad

June 27 Hamburger Stroganoff



Need something notarized? The Senior Center offers free notary services. No appointment necessary, but we do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center members.

Document Scanning

Need a document scanned so you have it in a digital format? Ask the front desk about this free service for our members. Limit of 10 pages. You must have an email address or provide a thumb drive. **FREE!**

